INCREASING PRESSURE ON INDIAN STUDENTS IN CORE MECHANICAL ENGINEERING AND OTHER BRANCHES OF STUDIES

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ABSTRACT
The purpose of this study is to identify and highlight the reasons for rising pressure on students in India perusing degree in Mechanical Engineering and other Branches and to suggest possible solutions. The study tries to cover all aspects leading to this phenomenon including rising population, inadequate infrastructure, loop holes in the educational system, parents’ attitude, and self-doubt. The study also covers a few of the symptoms of this pressure including depression and suicide. The study incorporates the information and opinions provided by fellow University students. A few suggestions about steps which could potentially provide relief to the students are covered. The study provides an insight into the problems faced by an Indian student through their own eyes, and thus hopes to be of use for the formulation of reforms in near future.

Keywords: Anxieties, Stress, suicide, capability, society

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1. INTRODUCTION
The issue of increasing pressure on Indian students is extremely relatable, research-able, and in dire need of coverage in present days. We all agreed that even though holistic development of the student remains one of the most important factors in the growth of a developing country like India, yet the education system does not present itself as conducive in this regard. The
problem faced by the students is multi-faceted and needs to be viewed not in a linear manner but with a three sixty degrees approach. Firstly, India remains a country struggling with a problem of over population, unable to convert the masses from liability to an asset. Consequently, it leads to a shortage of resources in almost all fields of life, quality education being no exception. The number of students passing out per year keeps on increasing year after year, whereas the number of increase in college seats lags behind, being severely insufficient already. Hence students passing out from class 12 face the immense stress of getting an admission in a good college. Parents feel this pressure too, and though their worry for their child is not wrong in intention, many transfer their anxieties as well as expectations in an improper manner which further burdens the child. The other factor is how the Indian society rarely considers non-academic activities as a prospective career, hence channeling almost the entire youth towards the same fields, which causes discontent amongst those who didn’t come willingly and heightened the anxiety of competition amongst those who did. Engineering and medical aspirants face the additional problem of having to sit in an entrance exam which is radically different from their school’s board oriented studies. This has led to the exponential increase of coaching centers in India, which suck out a lot of money from the parent’s pocket, and a lot of time from the student’s life, leaving him with little chance to pursue any passion or hobby. This acts as a hindrance for venting their feelings, which over time effect the thinking and outlook of a child, even plunging some into depression.

2. LITERARY SURVEY

According to India Today, exam phobia prevents the students from taking part in an extra-curricular activity which is necessary for their normal physical growth and development. They revealed that the real reason for these increasing pressures on high school students is that their 13 years of hard-work and their capability is judged with help of single paper which has the capability of judging the student’s whole life. Resources also bring out that the days are gone when education was something meant to be shared. Now it is about mug up, write the same in the exam and get good marks. Education institutes need to understand that a student who is a topper isn’t getting a job but the student with the skills, which are people are hiring skills and not the man power. The percentage may bring certificate but the knowledge of the students can’t be decided on the basis of them, everyone is obsessed with marks but only a few are interested in real learning, personality growth etc. According to Times of India, Kota has witnessed a drastic increase in suicide rates; about 50 children have committed suicide in past one year itself, the reason being the immense advertisement of getting success in the life by clearing the entrance exams. The University students believe that a change of thinking must be brought among the people and that spirit of education should be awakened again so that the real purpose of education can be restored. The current Indian student faces immense pressure from a multitude of sources including parents, coaching institutes, and even their peers. Researches feel that this issue needs to be addressed because through the increasing pressure the sense of a rat race is being instilled in the minds of today’s youth, where thinking and application have taken a back seat in the face of cut-throat competition which promotes rote learning. The number of studies and performance related suicides has seen a steady rise, with about 20 Indian students committing suicide per day in 2015. The solutions to the issue are non-linear just like the problem. A lot of work is needed on the government’s part, most important of which is to increase the number of seats so as to provide a reasonable number of students a fair shot at quality education. Another area to work upon is the improvement of infrastructure in other fields like it has done in cricket, so that there can be some diversification in the career choices of students, reducing pressure on academic institutions. These are areas where the progress can only be slow, but an avenue of immediate relief exists.
The board needs to bring the entrance papers and the final exams more in line with each other to reduce and eventually eradicate the need for coaching centers. CBSE has proposed to make the Joint Entrance Examination (JEE) more logic based by 2018, how successful the attempt would be in decreasing the influence of coaching centers remains to be seen, but the positive point is that the board has acknowledged that a problem exists, and acknowledging the existence of a problem is the first step towards solving it. We believe that through steady progress in the aforementioned areas, and with minds open to all directions; a solution can be reached sooner than later. They believe that the traditional methods should be reconsidered and education needs some modernization too. They agreed that tenth and twelfth grade was the period when they were under high pressure. According to them, the pressure of clearing entrance exams, fulfilling parents as well as society’s expectation, making new decisions for the sake of good life, facing the competitive world etc. was the most common stress they faced. They agreed that grades are being used as a symbol of pride and the seeds of the pressure to bring good grades have been embedded in them since childhood. Many were of the opinion that coaching classes/institutes do more bad than good. These institutes segregate students into different classes on the basis of their academic performance and hence embedding the students in the lower classes the feeling of being a loser. Students lose morale and even parents increase their pressure on them.

3. METHODOLOGY
The review has been done taking in the account the views of the University students and students from University affiliated institutions.

   LITERARY SURVEY → SURVEY USING QUESTIONNAIRE→RESULT ANALYSIS → RESEARCH DISCUSSION → RECOMMENDATIONS→ CONCLUSION

Questionnaire was circulated as google doc for better reach and opinions from varied students in different zones. The names of the institutions are not disclosed to protect privacy. Email correspondence was made to 632 students from 7 IIT’s, 4 NIT’s, 8 Private Universities and 64 affiliated Institutions that included medical colleges. The student majors included Medical, Engineering, Arts & Science Programs and Management courses. Three reminders were made in an interval of 15 days. 318 students responded out of which 146 questionnaires was found complete with all required details. Analysis was made considering the full fledge responses. These 146 responses were from 3 IIT’s, 4 NIT’s, 7 Private Universities and 53 affiliated Institutions.

4. RESULT ANALYSIS
The questionnaire was designed in such a manner that the students should share their opinion about their school life, college life and the background which is the influence of parents, friends, relatives, friends or once own knowledge in choosing their career path. Out of varied responses given by the students only three areas of responses were chosen here for making analysis as it reveals the reasons for their pressured life in Colleges.
Increasing Pressure on Indian Students in Core Mechanical Engineering and Other Branches of Studies

Table 1 Responses received from students

<table>
<thead>
<tr>
<th>Course and Branches of the samples</th>
<th>Medical</th>
<th>Engineering</th>
<th>Arts</th>
<th>Sciences</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>21</td>
<td>52</td>
<td>34</td>
<td>39</td>
</tr>
<tr>
<td>Who decides your Choice of School</td>
<td>Self / I</td>
<td>Parents</td>
<td>Collective decision</td>
<td>Friends/Relatives</td>
</tr>
<tr>
<td>Who opted subjects for Higher Secondary School</td>
<td>35</td>
<td>81</td>
<td>11</td>
<td>19</td>
</tr>
<tr>
<td>Choices the course as interested</td>
<td>Definitely</td>
<td>To some extent</td>
<td>As per parents' choice</td>
<td>Without any idea</td>
</tr>
<tr>
<td>Chosen the institution as interested</td>
<td>43</td>
<td>32</td>
<td>31</td>
<td>40</td>
</tr>
<tr>
<td>Scoring in regular tests/exams</td>
<td>Top Performer</td>
<td>Good Performer</td>
<td>Moderate Performer</td>
<td>Not a low performer</td>
</tr>
<tr>
<td>Preparing for competitive exams</td>
<td>86</td>
<td>51</td>
<td>8</td>
<td>1</td>
</tr>
<tr>
<td>Preparing for entrance exams JEE/NEET/BITS/CMC/VITEEE</td>
<td>54</td>
<td>62</td>
<td>23</td>
<td>7</td>
</tr>
<tr>
<td>Preforming in Quiz/Science &amp; Maths Olympiad/Others</td>
<td>101</td>
<td>45</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

Fig. 1 clearly shows that the student is forbidden to give their choice while choosing the school for their Higher secondary soon after the completion of their High School. Opinion given by friends and relatives are greatly considered rather than the wish of the student. Only very few parents discussed with their wards before choosing the right school to start their career.

Fig. 2 illustrates the expectation of the parents from their children with reference to scoring in exams conducted as part of internals, output in competitive exams, performance in

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JEE/NEET and other such exams. It is clearly understood that their expectations are high and they wanted their wards to be the top notch in performance.

Fig. 3 gives the details of 146 samples and their branch of study in varied institutions. The majority of them is in Engineering programs followed by students in Science programs such as B.Sc, Computer Science, Physics, Chemistry, Mathematics and Electronics. The percentage of students in Arts colleges overtakes the number of students in Medical colleges.

Fig. 4 reveals 40 students chose their branch without any clear knowledge. Majority of the students have chosen on the interest of their parents. Only few of them were given freedom to choose the course of their interest.

5. RESEARCH DISCUSSION

The education system in India has also been a topic of debate. Its faults surpass its advantages in a great way. The traditional method of education can’t satisfy the need of the future generation. With the evolution of technology and the dramatic changes in the standard of living it has brought along with it, it is also necessary that we take concern in modernizing the education also. Traditional exam taking patterns, rote-learning methods are doing more harm than good. Not only the changes should be brought in the education system, but there is an alarming need to change the mindset of the people also. In India, the success of a student is measured by the field he chooses to pursue in the future. In most of the Indian families, parents don’t provide their ward to choose their interests. Doctor or Engineer is what a successful future means to most of them.

Education which is something each and every student has right to gain has been made a money minting business. Coaching Institutes form a large part of this business. Education isn’t something that needs to be afraid of. It needs to be enjoyed and valued. The spirit of the real purpose of education is being killed by these people. These coaching institutes were opened so that the students are able to clear the entrance exams, which are a gateway to the prestigious college of the country. Parents spend their hard earned fortune on these institutes for their wards. Many of these institutes treat the student like a robot. The student is forced to believe that these entrance exams will decide their lives and fear of disappointing their parents create immense pressure on them.

There is rising number of suicide cases in the country. There are not one but many reasons which can be awarded to it. The most important being the undue pressure of the society on the students. Indian students are taught from the start the failing is not an option for achieving success. They are forced into this vicious cycle year after year, which at last takes the toll on them. Parents also have a very important role in leading to such situation. They burden the students with their expectations and demand.

The traditional method of education needs to be questioned. Change of the mindset is the need of the hour for the society. Education needs to be something which serves a useful purpose to make our life better. Students should know the meaning of losing and winning, and the importance of both.

6. RECOMMENDATIONS

The solution is this generation, the generation who will be the so-called society, which has no part to play in an individual’s life. The teachers have the most important job on this planet, yet they are underpaid. They should be paid just as much as doctors. The doctor saves a child’s life but the teacher is the one who reaches to a kid’s heart and allows him to truly live. Teachers are heroes that often get blamed but they are not the problem, they work in a system without many options or rights. Curriculums are created by policy makers. Most of which has
never taught a day in their life. They are obsessed with homogeneous tests. They think bubbling in a multiple choice question will determine success. That’s outlandish. In fact, these tests are too crude to be used and should be abandoned. Take the word of Fredrik J. Kelly the man who invented standardized testing who said: “these tests are too crude to be used”. If Facebook pages, health care or cars can be customized then education system can also be customized to bring spirit out of each and every student. That should be the task. No more common core instead let us reaches the core of every heart in every class. Sure mathematics is important but no more than art or dance, give every gift an equal chance. Countries like Finland are living the change, shorter school hours, and better wages for teachers. No more pressurizing to bring out an “A” or to get selected for an institution. But freely make them pull their ace off their deck of talents and gifts.

7. CONCLUSION
Result based society fail to notice the interest of the children rather it forces them to focus and choose career choice which they don’t like. This process is well carried out by schools that claim toppers in producing professionals. In recent days we started creating robots who is ready for the industrial needs not students who cares for the future. The world has progressed and now we need people who think, creatively, innovatively, critically, independently with the ability to connect. Just by understanding that potentials and interest among children are different we can build a stress free future where children prefer in executing their passion.

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